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PAGES 6-7



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Tuesday, April 24, 2012



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Cops will answer SIU

Criticism. Ombudsman says police forces were giving watchdog the cold shoulder

assault of civilians.

"It's our position the issues he is raising are not part of his mandate," he said. "So that's why he's indicating, and the ombudsman has indicated, that we're not responding."

Ottawa defence lawyer Mark Ertel, who advises clients against lodging complaints with the police because he believes they're unlikely to go anywhere, said Bordeleau's answer was "shocking."

"That really shows how much power the SIU has," said Ertel. "The people they're investigating get to decide the scope of their mandate."

Marin's 2011 report said of the SIU letters sent to White, three concerned delays in Ottawa police's notifying the SIU of a serious incident. One concerned failing to notify it at all.

"The law says the SIU must be notified 'immediately.' I'm not making this up. This is what the law says," Marin said Sunday, adding there are no penalties for non-compliance, something he wants changed.

"We respect the work and the mandate of the SIU," Chief Bordeleau said, "and we've always complied with legislative requirements."

STEVE COLLINS
ottawa@metronews.ca

Police Chief Charles Bordeleau says he intends to improve his department's record on responding to letters from the Ontario Special Investigations Unit.

"It will be practice of my administration to reply to any correspondence we receive," he said. "We are a public agency, and I think the taxpayer deserves that."

In a speech Sunday at Ottawa Civil Liberties Association, Ontario ombudsman Andre Marin said the SIU wrote to former chief Vern White 11 times about investigations between October 2008 and October 2011, and got only one response.

Chief Bordeleau said the letters concerned matters such as police practices, which the SIU's mandate doesn't cover. The SIU investigates police involvement in the death, serious injury or alleged sexual

RANGERS FORCE GAME 7

PAGE 21

New York Rangers' Derek Stepan celebrates New York's first goal against the Ottawa Senators during Game 6 of first-round NHL Stanley Cup playoff action at Scotiabank Place on Monday. The Sens lost, 3-2, which means a trip back to New York for Game 7 on Thursday. FRED CHARTRAND/THE CANADIAN PRESS



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NEWS

On the web

Bulldog has his day

Tyson, a beloved English bulldog, doesn't bite ears like his namesake, boxer Mike Tyson, but he does bear the title of champion. The two-year-old pup with a fetching face and a winning personality was crowned the winner of this year's "Beautiful Bulldog" pageant Monday in Des Moines, Iowa. Full story at metronews.ca.

Mobile news



Tweed-clad protesters upset that Abercrombie & Fitch's laid-back look will be coming to London's Savile Row took to the street Monday. The American chain is set to open in the same shop where The Beatles gave their final performance from the rooftop on Jan. 30, 1969. Scan for the story.

PRESTO not so magical for people with disabilities

Smartcards. PRESTO system to roll out without Para Transpo



JESSICA SMITH
jessica.smith@metronews.ca

The city is giving out 200,000 free PRESTO payment cards to transit riders before the system launches July 1, but Para Transpo users are out of luck.

The smartcards, which will cost less than paper tickets, don't work yet with the Para Transpo system.

That means Para Transpo users will have to rely on using tickets or cash, which are more expensive than the PRESTO card, said accessibility advisory committee member Catherine Gardener.

"The PRESTO system, if it would work on all systems, it would be great for everybody, and that's the way it needs to be," she said. "It's frustrating that again, people with disabilities are an afterthought."

OC Transpo chief John Man-

How PRESTO will work:

- PRESTO cards can be loaded with money by Internet, phone or in person.
- Cards are tapped on a special reader or can function as a monthly pass for a fee.
- After the first 200,000 cards are handed out, riders will pay \$6 for a reusable card.
- The smart cards will be able to track transfers so riders won't have to pay twice when they change buses and will compile data about ridership.

coni said the Para Transpo payment system is so "antiquated" drivers are still handling envelopes of cash.

OC Transpo has not yet figured out how to manage the "back office" aspects of Para Transpo — such as advance bookings — with the smart-card system, he said. The city is also considering replacing



OC Transpo driver Patty Johnston helps demonstrate the PRESTO smart card system and at city hall Monday.

LAURA MUELLER/TORSTAR NEWS SERVICE

the Para Transpo vehicles, so it does not make sense to upgrade them now, he added.

There are funds set aside for Para Transpo and if PRESTO will not work the city will de-

velop a customized smartcard system at some point, Manconi said.

Transit-fare hikes shift burden from taxes to riders

Riders are shouldering more OC Transpo costs than property owners — a burden that will only increase when the city hikes fares 2.5 per cent this year.

Before 2008, transit users paid about 42 per cent of OC Transpo operations through fares and taxes picked up the rest, treasurer Marian Similuk told the Transit Commission yesterday.

Now riders pay 55 per cent of the bill after three years

of 7.5 per cent fare increases under former mayor Larry O'Brien and 2.5 per cent increases in the two years under Mayor Jim Watson. Council decided on a 55 per cent target, and Transit Commission chair Diane Deans said council has no plans to change the split.

Toronto recoups almost 70 per cent of its operating costs from fares because its light-rail system has lower operating costs, the commission heard. By 2018 Ottawa projects it will

have a similar cost recovery through fares, Similuk said.

But John Manconi General Manager of OC Transpo said that doesn't necessarily mean riders catch a break in the future.

"We'll see as the LRT rolls through," he said.

JESSICA SMITH/METRO



For more local news visit metronews.ca/ottawa

Fare hikes

- Adult cash fare: \$3.30, up from \$3.25
- Adult ticket fare: \$3.00, up from \$2.60
- New PRESTO ePurse fare: \$2.65
- Adult monthly pass: \$96.25, up from \$94



Transit Commission chair Diane Deans JESSICA SMITH/METRO

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Pet Friendly



Tweet at Watson to get a quicker response, he says

Debate. City planning summit has social-media dimension

GRAHAM LANKTREE
ottawa@metronews.ca

If you've got a great idea for Ottawa's future, or concerns about where the city is going, but can't make it out to the mayor's public planning summit Thursday, tell the mayor on Twitter.

"The planning debate is a big one, and I'm sure residents will have passionate views that they will want to share," said Mayor Jim Wat-

son, an avid Twitter user with more than 12,000 followers. "I really appreciate how often people take the time to tweet me. I hope they do, and I'll do my best to respond."

Watson is meeting at the CE Centre with the public, community and business groups, and developers to talk public transit, the suburbs, economic development and community designs. However, social media will play a role too and he hopes the conversation continues online.

"The planning conversation is important and people will want to keep that conversation going through social media," said Watson,

suggesting debaters use the #ottcity and #ottawa hashtags to follow the discussion.

Rideau-Vanier Coun. Mathieu Fleury said he will also be tweeting to share what is being discussed at the summit.

"We encourage people to get on Twitter," he said, adding the social media service is a great way to speak to him and other councillors directly.

"When someone writes to me on Twitter it's me answering," he said. "If someone calls my office, they'll be able to get in touch with me, it might just take a little longer. Through Twitter I can respond directly and follow up later on."



Frosty tulips might be a good thing

Ottawa's tulips were bent but not broken Monday morning as two to four centimetres of sleet and heavy snow covered the region. In fact, the cold will do them good, said Mario Fournier, co-ordinator of the floral program for the National Capital Commission. If the weather is cool and there isn't much sun, the blooms will stay longer. As long as temperatures stay above -5 C, gardeners around Ottawa will have little to worry about, said Marilyn Tagona, a gardener with Friends of the Farm, which maintains gardens at the Experimental Farm. GRAHAM LANKTREE/FOR METRO

Prescription drugs

Man charged in pharmacy thefts

Ottawa police have charged an Ottawa man in a week-end pharmacy robbery. A man entered a drug store on the 2500 block of Baseline Road around 11:40 Saturday morning and demanded a prescription. Nobody was injured and no weapon was seen. Andrew Labreque, 45, is charged with robbery and wearing a disguise. STEVE COLLINS/FOR METRO

Home invasion

Police search for 2nd suspect

Gatineau police have arrested a 22-year-old man and are looking for a second suspect in a home invasion at an apartment on Cima Street just before 11 p.m. Sunday. Two men, armed with an iron bar and a knife entered the apartment and fought with the residents, cutting the arm of one man. STEVE COLLINS/FOR METRO

Bumper came off

Driver flees after hitting parked car

The Lanark County OPP is investigating a hit-and-run in Carleton Place after a vehicle struck an unattended car parked in a driveway on William Street early Sunday morning. The suspect vehicle, described as a grey 2006-2008 Volkswagen Jetta, drove away after the collision. STEVE COLLINS/FOR METRO

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Two years later. Suspect charged in deaths of missing Alberta couple

A man long identified by police as a suspect in the deaths of an Alberta couple who were last seen nearly two years ago has been charged with first-degree murder in their deaths.

Mounties first named Travis Vader as a person of interest in the case on July 16, 2010 — 13 days after Lyle and Marie McCann were last seen alive and the same day their SUV was found east of Edson.

He has been in custody ever since on unrelated charges.

Investigators moved on the murder charges over the weekend even though the McCanns' bodies haven't

been found.

"This is an excellent day. As a family, we're all relieved. We've waited a long time for this arrest," said Bret McCann, the couple's son.

"What happened to my parents? We're hoping that this will come out and I'm actually hoping that Mr. Vader can in the short term here (provide) some of these answers and maybe help us locate my parents."

The McCanns left St. Albert, a city bordering northeast Edmonton, on July 3, 2010. They were heading to British Columbia in their motorhome and towing their SUV. **THE CANADIAN PRESS**

Provincial politics

McGuinty and Horwath met over budget deal

Monday's meeting between Premier Dalton McGuinty and NDP Leader Andrea Horwath to work out a budget deal won't be their

first face-to-face negotiation.

It turns out the two party leaders met Sunday as the Liberals looked to get the New Democrats' support for a crucial budget vote Tuesday.

The NDP said it was Horwath's chief of staff Gilles Bisson who met with their Liberal counterparts all weekend. **THE CANADIAN PRESS**

Oda repays taxpayers for stay at posh London hotel

Conference controversy. International Development Minister racks up sizable bills at swanky Savoy

International Development Minister Bev Oda repaid taxpayers Monday for the cost of rejecting one five-star hotel in London, England and rebooking at a swankier establishment at more than double the rate.

Oda's office revealed the reimbursement about eight hours after The Canadian Press first reported the hefty lodging bills, and three days after the agency began asking questions about the expenses.

Spokesman Justin Broekema said Oda paid the fee difference between the two hotels, as well as the cancellation fee at the first one.

Oda was originally supposed to stay at the Grange St. Paul's Hotel, site of the conference on international immun-

izations she was attending.

Instead, she had staff rebook her into the posh Savoy overlooking the Thames, an old favourite of royalty and currently owned by Prince Alwaleed of Saudi Arabia.

The switcheroo is reminiscent of a controversial trip six years ago, when Oda rejected a minivan for transportation and opted for a limousine instead.

She reimbursed taxpayers for some of those costs after that story emerged in the news media.

Oda had a luxury car and driver in London shuttling her between conference site, her new hotel and beyond at an average cost of nearly \$1,000 a day.

There was no indication from her office whether any of those travel costs were reimbursed.

The bill for three nights at the Savoy last June set back taxpayers \$1,995, or \$665 a night. The government still had to pay for a night at the hotel she rejected, costing an additional \$287.

THE CANADIAN PRESS



International Development Minister Bev Oda, at a donors conference in London. BEN FISHER/THE CANADIAN PRESS

Champagne tastes on the public dime

"Can one night at the Savoy be justified? I suppose if you're in a high-flying rock band, but as a minister who's meant to be engaging with the world's most poor... the hypocrisy is reeking."

NDP House Leader Nathan Cullen

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George Zimmerman, left, walks out of a building at the correctional facility. BRIAN BLANCO/THE ASSOCIATED PRESS

Zimmerman leaves jail, awaiting trial

In a low-key event, George Zimmerman was released from a Florida jail on \$150,000 bail as he awaits his second-degree murder trial in the fatal shooting of unarmed teen Trayvon Martin.

The neighbourhood watch volunteer was wearing a brown jacket and blue jeans and carrying a paper bag as he walked out of the Seminole County jail around midnight on Sunday.

He was following another

man and didn't look over at photographers gathered outside.

The two then got into a white BMW car and drove away.

Zimmerman gave no statement as he left the suburban Orlando jail.

His ultimate destination, which could be outside Florida, is being kept secret for his safety.

He cannot have any guns and must observe a curfew.

Zimmerman worked at a mortgage risk-management company at the time of the shooting and his wife is in nursing school.

A website was set up to collect donations for Zimmerman's defence fund.

It is unclear how much has been raised.

Bail is not unheard of in second-degree murder cases, and legal experts had predicted it would be granted.

THE ASSOCIATED PRESS

Ball lost in Japanese tsunami retrieved by Alaskan couple

Long way from home. Couple plans to return inscribed ball belonging to Japanese teenager

A teenager who lost his home in Japan's devastating tsunami now knows that one prized possession survived: a football that drifted all the way to Alaska.

Officials from the National Oceanic and Atmospheric Administration say the ball with the youngster's name inscribed on it is one of the first pieces of debris from last year's tsunami to wash up on the other side of the Pacific.

A man found the ball while beachcombing on an Alaskan island, and his wife, who is Japanese, talked with its owner, 16-year-old Misaki Murakami, by phone over the weekend. They plan to send the ball back to him soon.

Murakami, from the town of Rikuzentakata, is surprised and thankful the soccer ball



David and Yumi Baxter hold a soccer ball and a volleyball that David found at their house in Anchorage, Alaska. The Japanese teenage owner of the soccer ball had his name written on it. KYODO NEWS/THE ASSOCIATED PRESS

has been found more than 5,000 kilometres away.

"It was a big surprise. I've never imagined that my ball has reached Alaska," Murakami told public broadcaster NHK. "I've lost everything in the tsunami. So I'm delighted," he said. "I really want to say thank you for finding the ball."

He was particularly glad because all furniture and sentimental items in his home had been washed away in the March 11, 2011, tsunami, which devastated a long stretch of Japan's northeastern coast and killed about 19,000 people.

The ball, which also had

messages of encouragement written on it, was given to him in 2005, when Murakami was in third grade, as a goodbye gift when he transferred to another school.

Debris from the tsunami initially formed a thick mass in the ocean off Japan's northeastern coast and has since spread out across the Pacific. In February, NOAA said currents would carry much of the debris to the coasts of Alaska, Canada, Washington and Oregon between March 2013 and 2014, and possibly this year.

David Baxter, a radar technician from Kaslof, Alaska, found Murakami's ball while beachcombing in March on Middleton Island, 110 kilometres south of the Alaskan mainland.

"When I first saw the soccer ball, I was excited to see it and I thought it was possible it came from the tsunami zone," Baxter said by email.

Baxter's wife, Yumi, reached Murakami with help from a Japanese reporter.

THE ASSOCIATED PRESS



April snow showers?

Snow blankets daffodils in Saranac Lake, N.Y. Soaking rain and high winds churned up the East Coast of Canada and the Northeastern U.S. Monday morning, unleashing a burst of winter and up to a foot of snow inland, closing some schools and sparking concerns of power outages. CHRIS KNIGHT/ADIRONDACK DAILY ENTERPRISE/THE ASSOCIATED PRESS



Anders Behring Breivik, left, and his defence lawyer Geir Lippestad, in Norwegian court. HEIKO JUNGHE/THE ASSOCIATED PRESS

Breivik offended by sanity tests

Anxious to prove he's not insane, confessed mass killer Anders Behring Breivik told a court Monday that questions about his mental health are part of a racist plot to discredit his extreme anti-Muslim ideology.

Breivik, who has admitted to killing 77 people in a bombing and youth-camp massacre, said that no one would have asked for a psychiatric examination had he been a "bearded jihadist."

"But because I am a militant

nationalist, I am being subjected to grave racism," he said. "They are trying to delegitimize everything I stand for."

Breivik rejects criminal guilt for the rampage on July 22, saying the victims had betrayed their country by embracing immigration.

Even the defence admits there is virtually no chance of an acquittal, so the key issue to be determined in the trial is whether Breivik is criminally insane.

Two psychiatric examina-

tions reached opposite conclusions on that point. In a statement to the court, the Norwegian Board of Forensic Medicine asked for additional information from two psychiatrists who found Breivik sane, saying their report was incomplete.

Breivik himself insists he is sane, and accuses the prosecutors of trying to make him look irrational.

"I know I'm at risk of ending up at an insane asylum, and I'm going to do what I can to avoid that," he told the court.

Breivik became defensive as prosecutors quizzed him about sections of the 1,500-page manifesto he posted online before the attacks. It describes uniforms, medals, greetings and codes of conduct for the "Knights Templar" militant group that he claims to belong to. Prosecutors don't believe it exists.

In one section, read by prosecutor Svein Holden, Breivik speculated that in his future society, the loyalty of potential knights might be tested by asking them to undergo surgical

amputation and castration. Breivik chastised the prosecutor for what he called "low blows" and said the segment was taken out of context.

Breivik, 33, showed no remorse as he continued his shocking testimony about his shooting spree at the annual summer youth camp of the governing Labor Party.

Calling the rampage "necessary," Breivik compared being shunned by those close to him to the grief of the bereaved.

THE ASSOCIATED PRESS

U.S. Romney spokesman courts controversy

Mitt Romney's decision to appoint an openly gay man as his foreign-policy spokesman has angered social conservatives, not surprisingly — but the Republican frontrunner's new employee has also caused him trouble with another demographic he's trying to woo: women.

Richard Grenell's Twitter feed was recently rife with snide remarks about various female political figures.

He's reportedly scrubbed more than 800 tweets in recent

days, but they were unearthed and archived by news outlets shortly after Romney announced his appointment.

"Hillary is starting to look like Madeleine Albright," Grenell tweeted recently about Secretary of State Clinton, comparing her to the first woman to hold the job after being appointed by Bill Clinton in the 1980s.

There was no comment Monday from the Romney campaign on Grenell's scrubbed tweets. THE ASSOCIATED PRESS

Organized crime

Mobster facing weapons charges

A reputed Connecticut mobster suspected of having information related to the largest art theft in history was arraigned Monday on weapons charges.

Robert V. Gentile, 75, leaned on a cane as he rose before a judge in court to plead not guilty to three charges.

Federal agents say they seized three revolvers, numerous rounds of ammunition and home-made silencers in a search of Gentile's home on Feb. 10. THE ASSOCIATED PRESS

Hunting

Nugent to plead guilty to illegal hunt

Rocker Ted Nugent is scheduled for a Tuesday court hearing in Alaska and expected to plead guilty to transporting a black bear he illegally killed.

The conservative activist signed a plea agreement with federal prosecutors filed Friday in U.S. District Court.

The agreement says Nugent illegally shot and killed the bear in 2009 on Alaska's Sukkwan Island after wounding a bear in a bow hunt, which counted toward a seasonal limit of one bear. THE ASSOCIATED PRESS

Texas. Evidence found in murder-kidnap case

Bloody jeans and a handgun believed to be the murder weapon were found in the apartment of a Texas woman accused of kidnapping a newborn boy after fatally shooting his mother, authorities said at a Monday hearing.

Verna McClain, who is accused of shooting Kala Golden outside a Houston pediatric centre last week and abducting her 3-day-old son, will remain jailed after a judge denied her bond at the hearing. The boy was later found safe. Investiga-

tors believe McClain was desperate for a baby after suffering a miscarriage, and her attorneys have said they planned to review her mental state.

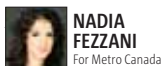
"This was a cold, calculated murder, not only meant to deprive Kala Golden of her life, but to abduct her child," District Attorney Brett Ligon said during the bond hearing. A detective said McClain initially told investigators she found the baby on her doorstep, but authorities say she later confessed. THE ASSOCIATED PRESS

The superheroes of your youth may no longer be complete fiction. Across the globe, masked avengers guard the streets to prevent and fight crime. Within a community that seems like a fantasy world, some people have pushed their childhood dreams further. Approximately 600 superheroes, often disguised in costumes, protect their communities in different ways. Alone or with teammates, these men and women patrol the streets of their cities to help those in need, often risking their own lives. We call them:

REAL-LIFE SUPERH



Superheroes, from left, Life, Zetaman, Crimson Fist, Knight Vigil, Super Hero, Mutinous Angel, Motor Mouth, Geist, Z, Thantos, DC's Guardian, Phantom Zero, Nyx, Ragensi, Deaths Head Moth, Civitron, Zimmer, Citizen Prime, Dark Guardian and Master Legend.



NADIA FEZZANI
For Metro Canada

Though some might think they're crazy, Real-Life Superheroes (RLSH) are regular people who want to make a difference in the world. They are journalists, teachers, bouncers, business people, truck drivers, cashiers. When they put on their masks or outfits, they become the superheroes they want to be.

Some patrol the streets at night to fight crime. Many raise funds and do charity work for specific causes. Many more give aid to those affected by natural disasters. But one specialty does not limit the causes to which an RLSH contributes.

Surprisingly, documented Real-Life Superheroes have existed since 1969. Until a couple of years ago they were underground, trying not to be noticed. Some superheroes have been active for more than

20 years.

Many RLSH are motivated by their personal experiences. A victim of domestic abuse might raise funds for the cause. And a victim of violent crime might patrol the streets to keep people safe. Some RLSH are seeking fame; others do it for fun.

Whatever the motivation may be, fulfilling the mandate is not an easy task.

Some superheroes work every other weekend, while others patrol three to five nights a week. Several of them have children.

With no financial help, it can be an expensive activity — many superheroes offer water, food and warm clothing to their "wards" who live on the street.

Equipment costs can run high — cameras, walkie-talkies, pepper spray, Tasers.

Costumes — or uniforms, as some call them — are another consideration. Some choose them to be friendly-looking while others want

to intimidate law-breakers. Some can't be disguised at all, based on state and local law.

Depending on the danger of what they do, some superheroes must be cautious not to reveal their identities; the suspects they have helped get arrested could seek retaliation.

Does this sound like a job for you?

As Sage Michael reminds us in his book *How to Become a SuperHero*, not all fictional superheroes have super powers. Batman and Iron Man are the most human personas: mortal, with strengths and weaknesses.

What is not negotiable: good values, positive motivation and training for the task. Control and respect are important, too, as many new RLSH sometimes push the limit too far, becoming vigilantes. The goal is to use their strength for the right motives, to respect the law and let authorities do their work.

Quoted

"In 2007 there had been floods in Minnesota, so I bought a lot of supplies to distribute. After dropping them off in two cities, a pastor in Lewiston told me, 'If you can get into Stockton...' They got hit hard. There were mud slides and rock falls. The roads were barely passable. Homes were destroyed and there were several fatalities. The Salvation Army was at the emergency centre with a truck for support. I was also there with a small truck. As I was carrying the bags, I saw a highway patrolman on foot. Being in full costume, I momentarily surprised the officer, and he instinctively put his hand on his Taser. I asked, 'Where can I put these supplies?' He said, 'Ah! Right over here.' I said, 'OK, great! I have a truckload more.' He said, 'Do you want help?' And I said, 'No, sir! I'm a superhero.' And he laughed. I think it was the first laugh he had all day."

Geist

This superhero devotes his efforts to helping the homeless and those hit with tragedy



In Metro Wednesday

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- **Plus:** Female superheroes

In Metro Thursday

- **Super villains vs. Superheroes:** Who are super villains and what role do they play?

More at metronews.ca

- **Geist: The "Green Space-Cowboy" superhero.** Dressed in a long trench coat, cowboy hat and a green scarf covering his face, Geist's costume is often described as "green space-cowboy chic." He focuses his efforts to help those who need it most, the people whose lives have been touched by tragedy and homelessness.



Get to know your friendly neighbourhood superheroes

EROES



PETER TANGEN/FOR METRO

From the West Coast to the East Coast, more than 15 RLSH are active in Canada. Some patrol the cities at night to fight crime, help others and provide first aid; others stand against bullying, perform community outreach and champion different causes.

CANADA

USA

Aeon Star — Quebec City

Patrolling at night with his team, Aeon Star wants to "diminish violence and pass the message that anyone can make a difference. We raise funds for foundations that help victims of bullying and walks to schools and parks to make people aware of our availability in case they need help."

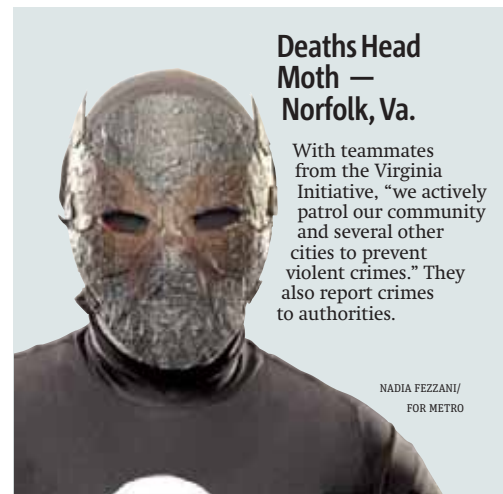
NADIA FEZZANI/
FOR METRO



Deaths Head Moth — Norfolk, Va.

With teammates from the Virginia Initiative, "we actively patrol our community and several other cities to prevent violent crimes." They also report crimes to authorities.

NADIA FEZZANI/
FOR METRO



Polarman — Iqaluit

Polarman visits schools to speak to children. "I wanted to help people. I am tired of seeing people always picking on those weaker than themselves, so I vow to fight back against bullies and all other forms of abuse. I try to get everyone to work together."

NADIA FEZZANI/
FOR METRO



Dark Guardian — New York

Dark Guardian confronts and exposes drug dealers in a N.Y.C. park. "I have seen a big difference." He also gives food and clothing to homeless people.

NADIA FEZZANI/
FOR METRO



Cross-border showdown. Canadian- vs. American-style superheroes



In Canada, violence is much less frequent than it is in the United States.

For that reason, Canadian RLSH are less likely to fight crime than they are to support social causes.

For example, some make presentations in schools to raise awareness about bullying; others raise funds to support the homeless.

In the United States,

superheroes do similar things, but more superheroes will patrol the streets at night, concentrating on violent areas.

Depending on the state they



live in, they may carry pepper spray and Tasers, and a few carry guns, which is illegal in Canada.

NADIA FEZZANI/FOR METRO CANADA

Timber Wolf — Mississauga, Ont.

At the age of 17, Timber Wolf wanted to make his community a better place. "I just see all sorts of problems but I need the help of the people to fix them. I'm not a vigilante. I'm not beating up bad guys like in comic books." He wears a mask as a symbol for peace.

NADIA FEZZANI/FOR METRO



Hazmat CitizenCrusader & Nightingale CfourOracle — Portland, Ore.

Hazmat and Nightingale perform homeless outreach and raise funds for charities like March of Dimes and shelter refurbishment. "We also participate in neighborhood-watch activities to a lesser extent, due to a low crime rate locally."

NADIA FEZZANI/
FOR METRO



Canada-EU free-trade talks near finish line

'End game.' Sticking points still remain in ongoing trade talks between Canada and the EU: Official

Free-trade talks with the European Union are nearing the "end game," although the most difficult issues still remain on the table, the head of the EU council said Monday.

Pia Olsen Dyhr, the Danish trade minister and president of the council, said she was optimistic a deal could be struck within six months.

"We are actually at the end game. At the moment, we have finalized 75 per cent. It's been one of the most forthcoming negotiations" the EU has ongoing, she told a news conference with Canadian Trade Minister Ed Fast.

"I see that coming soon and we might expect within a half a year we have finalized

Rules of origin

Rules of origin has emerged as a complex issue since some Canadian manufactured goods are integrated in North American and global supply chains.

- Agricultural subsidies are also the sticking point in Canada's attempt to join the Trans-Pacific Partnership trading bloc and is a difficult political issue for Ottawa, given the opposition from farmers.

the agreement."

Fast was more circumspect in his comments, saying progress was being made at a "satisfactory pace" and he hoped for an agreement by the end of the year.

The talks on a comprehensive economic and trade agreement would establish the most wide-ranging trade deal Canada has ever en-

tered, encompassing not only goods, but investment and services, and provincial and municipal government procurement.

Analysts have noted that Ottawa once promised a deal would be struck by the end of last year, suggesting that the contentious parts of the negotiations were proving more difficult to crack than expected.

That should have been anticipated, said trade lawyer Lawrence Herman of Cassels Brock LLP.

"There were probably over-optimistic forecasts on the timing," he said.

"The 75 per cent is probably right (but) the last 25 is going to be hard slogging."

Olsen Dyhr conceded the Canadian system of supply management for poultry, eggs and dairy — which Europe wants to scrap or curtail — and a mutually satisfactory definition of rules of origin have not been resolved.

THE CANADIAN PRESS



Pooches picket too

American Airlines flight attendants and supporters picket in front of the American Airlines passenger terminal at San Francisco International Airport on Monday. Among other issues, the airline wants to eliminate 13,000 union jobs, freeze or terminate pension plans, curb health benefits and reduce time off. PAUL SAKUMA/THE ASSOCIATED PRESS

Market Minute



DOLLAR
100.91¢
(+0.16¢)

Natural gas: \$2.007 US (+8¢)
Dow Jones: 12,927.17 (-102.09)



TSX
11,989.10 (-158.18)



OIL
\$103.11 US (-77¢)



GOLD
\$1,632.60 US (-\$10.20)

Border security

Investigation into illegal dumping launched

The Canada Border Services Agency (CBSA) said Monday that it has launched an investigation into allegations of dumping of electrical transformers by South Korea.

The inquiry, regarding liquid dielectric transformers with a top capacity of 60,000 kilovolt amperes or more, follows a complaint by Quebec's ABB Inc. and Winnipeg's CG Power Systems Canada Inc.

THE CANADIAN PRESS

Medical marijuana

Canadian firm hopes to convert mine to grow-op

A Canadian biotechnology company wants to cultivate medical marijuana in a former copper mine in Michigan's Upper Peninsula.

Prairie Plant Systems of Saskatoon would need approval from state and federal officials to convert the mine.

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Q1. Facebook reports lower income vs. 2011

Facebook's first-quarter net income fell 12 per cent, weighed down by higher expenses even as its revenue soared, the social-networking company said Monday, just a few weeks ahead of its expected initial public offering in May.

Facebook said in a regulatory filing that its net income fell to \$205 million US in the three months that ended March 31, from \$233 million a year earlier. Net income attributable to common shareholders fell to \$137 million from \$153 mil-

lion. That amounts to earnings of nine cents per share in the latest quarter, down from 11 cents a year earlier.

The company said its revenue rose 45 per cent to \$1.06 billion. Facebook said it had 901 million monthly active users as of March 31, up from \$845 million as of the end of 2011.

The number of people using its mobile applications each month grew to \$488 million as of the end of the quarter from \$432 million as of the end of last year. THE ASSOCIATED PRESS

Big deal. Microsoft sells AOL patent to Facebook

Microsoft, which just bought patents from AOL for \$1 billion, is now turning around and selling most of them to Facebook for \$550 million.

Microsoft and Facebook said Monday that Facebook is buying about 650 of the 925 AOL patents and patent applications Microsoft bought.

Facebook will also get a licence to use the rest of the AOL patents. Similarly, Microsoft will get a licence to use the patents Facebook is buying.

THE ASSOCIATED PRESS

Lawsuits

- March 12.** Yahoo sues Facebook, claiming that Facebook has infringed 10 of its patents covering advertising, privacy controls and social networking.

- April 3.** Facebook files its own lawsuit, accusing Yahoo of violating 10 patents covering photo tagging, advertising, online recommendations and more.

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NETWORKING AND THE ART OF MAKING FAKE FRIENDS



**SHE
SAYS...**
Jessica Napier
metronews.ca/shesays

Every once in a while — and always against my will — I find myself in a situation in which I am expected to “network.” The thing about being a writer is that you end up becoming very skilled

at typing, not talking. Consequently, standing in a room full of other less-than-chatty individuals can be painfully awkward.

We all know the importance of networking when it comes to job seeking. Maybe you know this from experience or from a professional development class or from your know-it-all uncle who is constantly reminding you: “It’s not what you know, it’s who you know.”

I know a few MBA candidates who have been required to attend mandatory networking events to brush up on their schmoozing skills. Students learn the importance of eye contact, exchange glad-handing tips and go head to head against each other in timed business-card-collecting competitions.

Too much mix, not enough mingle

These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing power of free alcohol is tempting but that relying on it can be detrimental when it comes to making a good first impression.

While these formal networking exercises seem a bit superficial, business logic suggests that a stellar resumé means nothing in a world where being unconnected results in being unemployed.

Unfortunately, this is bad news for introverted folk who do not excel at small talk with strangers. I might have plenty to say in writing, but social

networking in real life is an entirely different story. My idea of “working the room” is nibbling on appetizers and hiding in a corner with my smartphone until it’s appropriate to leave.

These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing power of free alcohol is tempting but that relying on it can be detrimental when it comes to making a good first impression.

But even with a glass of wine in hand, I have a difficult time selling myself and an even harder time listening to everyone else’s elevator pitch. I always find myself wondering, do we really have to have a conversation? Can’t you just follow me on Twitter?

Yes, I realize this makes me sound socially inept, but hear me out. It’s not that I’m bad with people — I actually think I’m quite good when it comes to socializing — but this form of instantaneous faux-friending just isn’t my specialty.

I don’t know how to win friends and influence people but I do know how to nurture real friendships over a long period of time, and that’s far more important.

After all, at the end of the day, life isn’t really about the number of business cards in your wallet.

One of these things is not like the other



E. LAZAREVA / FAR EAST RUSSIA ORCA PROJECT (FEROP)

Black sheep

World’s first ever white orca found?

RUSSIA. Scientists have spotted what they believe to be the first ever all-white adult orca, or killer whale, off the coast of Russia’s Kamchatka Peninsula in the north Pacific Ocean. The male, named Iceberg, was discovered by the international Far East Russia Orca Project (FEROP) near the Commander Islands. “He’s a symbol of all that is pure, wild and extraordinarily exciting about the ocean,” said Erich Hoyt, the co-head of FEROP.

METRO

Part of the pack

2 metres

Iceberg’s dorsal fin, the first visible sign of this unique orca, spans two metres. He lives in a family “pod” with 12 relatives. Twelve years of research have shown that his pod is one of 61 identified orca units in the region. “This discovery is spectacular,” says Hoyt, who also serves as a senior research fellow at the Whale and Dolphin Conservation Society.

60 seconds



Erich Hoyt

Is this whale albino?

We are currently not sure. We need to check his eyes for a pink pigmentation to be certain.

Is he perhaps treated differently because of his colouring?

Family bonds are very strong

among orcas. There is no evidence that he is an outcast.

Is there a danger his life could be under threat?

The remoteness means he’s away from human contact but recent seismic surveys for oil and gas in the region could disturb orcas in the future. This is something of concern.

You have found your white whale. Did anyone compare you to Ahab from Moby Dick?

I hope not! From the time of Ahab, we have come a long way in terms of our understanding of whales.

ANTHONY JOHNSTON/METRO

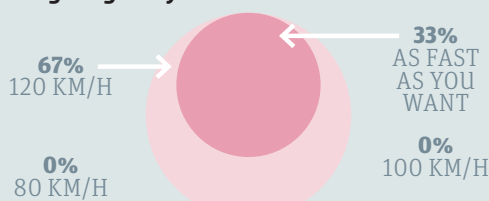


Solving the networking puzzle, one piece at a time. ISTOCK



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How fast should you be allowed to drive on a large highway?



Twitter

@KeeperOfMaps:

Just looked out the window at the #weather in #Ottawa and wish I hadn't. Would like to go back to bed and try again tomorrow.

haven't taken my #snow tires off and it's now snowing! #Ottawa #snowinapril

@charles_lewis:

Of course there is snow today. Yesterday is the day I took the skates out of my car, and put the golf clubs in. Stupid Ottawa!

@relishing: I knew we'd eventually have to settle our tab for that week in March. Cheer up Ottawa. We're made for this.

@matt_ottawa_26:

My laziness pays off! I still

@twister65: Stop calling it snow or winter will return. It's thick rain, got it? #Ottawa



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2

SCENE

Scene in brief

Giuliana and Bill expecting

Giuliana and Bill Rancic are having a baby. The child will be born later this summer via a gestational surrogate, meaning the baby will be genetically theirs but carried by another woman. Last fall, 37-year-old Giuliana announced she had breast cancer and later underwent a double mastectomy. She did not need chemotherapy. Giuliana is the host of E! News. Bill is a 40-year-old entrepreneur and motivational speaker who won the first season of Donald Trump's *The Apprentice*. Together, they co-star in a reality show on the Style Network called *Giuliana & Bill*. Much of the show has been devoted to their fertility issues.

THE ASSOCIATED PRESS

Rhoda Morgenstern memoir in the works

At last, the truth about Rhoda Morgenstern. Valerie Harper, the actress who played one of television's most beloved sidekicks, is working on a memoir called *I Rhoda Book*. The memoir is scheduled for January 2013 and would feature Harper's years on *The Mary Tyler Moore Show* and as star of the spinoff series *Rhoda*.

THE ASSOCIATED PRESS

On the web



Carrie Underwood, Miranda Lambert lead CMT Awards nominations



Hugh Grant is the voice of an inept pirate captain angling to be pirate of the year in *The Pirates! Band of Misfits*. HANDOUT

It's a pirate's life for director Peter Lord

Comedic casting

Captain Hugh Grant

Peter Lord banked on Hugh Grant's comedic prowess when casting him as the Pirate Captain in *The Pirates!* "I really wanted a star for the thing. Hugh is probably the shining example of his generation of a comic actor (so) there was a kind of leap of faith there that he could do it," said Lord.

Pirate Pete

Two key films that inspired director Peter Lord:

- **Treasure Island (1950)**
"Treasure Island is such a great story!"
- **Captain Blood (1935)**
"There are some very great fight scenes, which we hope to use in the sequel."

Underdog story. In Lord's latest animated imagining, a nitwit pirate (voiced by Hugh Grant) pursues a pirate of the year award

STEVE GOW
scene@metronews.ca

Whether it's Wallace & Gromit or last year's *Arthur Christmas*, it seems the Aardman animation company deals in underdogs.

"I always do like those stories," said company co-founder Peter Lord recently in Toronto.

"It's definitely not part of the mandate but it does come very naturally, I have to say."

Now with his latest turn directing *The Pirates! Band of Misfits* (in theatres this Friday), the Oscar-nominated filmmaker brings to life another lovable nitwit in the Hugh Grant-voiced Pirate Captain — a delightfully

Quoted

"These pirates ... they're not very dangerous. ... But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way."

The Pirates! Band of Misfits director Peter Lord

inept swashbuckler with eyes on the Pirate of the Year award.

"The Captain is an interesting (character) because he's the underdog but he's quite blind to it," explained Lord.

"He's very unaware of what's going on around him so his complete unfittedness to be Pirate of the Year — he doesn't see at all and I find that charming. Delusion is charming."

Half of the strange allure is in the simple archetype of the pirate. For decades, seafaring buccaneers have been entertaining moviegoers of all ages — including Lord.

"It's as simple as this — kids like to see adults behaving badly," said the filmmaker. "These pirates,

let's face it, they're not very dangerous, they're not going to hurt anyone. But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way."

The challenge of making *The Pirates!* was a special kind of lure for Lord specifically. His love of the craft undeniable, Lord's reasons were straightforward in returning to traditional stop-motion animation after making the computer-generated *Arthur Christmas*.

"A million elves, that sounds like CG," said Lord. "But a wooden tub of a pirate ship with bits falling off it and a crew of shabby rogues on board — that sounds like stop-frame to me."

DVD reviews

**Contraband**

Director. Baltasar Kormakur

Stars. Mark Wahlberg, Giovanni Ribisi, Kate Beckinsale

The proverbial "one last job" takes on family urgency when a former smuggling ace (Mark Wahlberg) is obliged to do a risky Panama run to save his wife (Kate Beckinsale) and kids from a vengeful drug lord (Giovanni Ribisi).

Director Baltasar Kormakur, who played the lead in the Icelandic original *Reykjavik-Rotterdam*, stays in close and dark in this heavily plotted drama, which doesn't really pick up steam until the final reel.

A smart tough-guy turn by Wahlberg gets good ensemble support (including Ben Foster and J.J. Simmons), all of which helps keep *Contraband* from being just another crime story.

So does the step-by-step procedural on the mechanics of smuggling, which perks interest even while the action threatens to flag. Extras include a director/producer commentary, deleted scenes and making-of featurettes.

PETER HOWELL

Sleeping Beauty

Director. Julia Leigh

Stars. Emily Browning, Rachael Blake, Ewen Leslie

There are no handsome princes or enchanted forests in *Sleeping Beauty*. In fact, there's not a whole lot of anything, apart from carefully arrayed nudity and some kinky behaviour that doesn't risk a censor's wrath. Eros snores.

This debut feature by Julia Leigh, an Australian novelist turned director, is afraid to explore the grim subject of female exploitation; it meekly approaches. Extras include interviews and the movie's trailer.

PETER HOWELL

The villain speaks: Tom Hiddleston reprises his role as Loki in The Avengers

Being bad. Actor from Thor has the tough task of taking on six superheroes at the same time

NED
EHRBAR
scene@metronews.ca

It takes quite a villain to require the combined forces of six superheroes — someone out of this world, perhaps. Luckily, British actor Tom Hiddleston is up to the challenge, reprising the role of the mischievous Loki from Thor, this time setting his godlike sights on Earth. We caught up with Hiddleston the day after The Avengers premiere.

How was the premiere?

This is the first time I've been able to really talk about the film. I really only saw it for the first time myself (at the premiere), so I'm kind of giddy with it. What was the most



Actor Tom Hiddleston says he was giddy after seeing the finished Avengers at the film's premiere. HANDOUT

thrilling thing for me was how much people laughed. The whole film is laced with a very particular [director Joss] Whedon humour, and I think he should be very proud of

that. I remember laughing at the script, but sometimes those laughs are dissipated or diluted somehow in the shoot or the post-production. But the thrill of listening to a whole the-

atre laughing so loud that you couldn't hear the next line is really great.

Do you think a big summer blockbuster needs to have

that balance of humour and darkness and action to really make it a big movie? I don't know if it's a necessity. I mean, I've seen big movies that don't make you

laugh. They're still fantastic, and they can move you in different ways. You know, I loved the Dark Knight, but I don't remember laughing particularly loudly at it. Is it funny? Are there laughs in it?

How is it reprising a role, but with a new writer and director? How does it compare going from Kenneth Branagh, who directed Thor, to Joss Whedon?

What's surprising to most people is that they actually have so much in common. Ken is actually a really populist cinephile. Every Friday night, he's at the pictures with his wife watching the most genre or populist thing out there. And Joss is a huge Shakespeare buff. They both have this amazing handle on what good drama is, and my good fortune is that Joss saw an early cut of Thor just as we were coming to the end of shooting and he loved it. He just really dug it.

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The Word

Drive it like
Beckham

**THE
WORD**
Dorothy Robinson
scene@metronews.ca

For only \$129,000, you can purchase an SUV designed by Victoria Beckham.

Because the rich don't have enough nonsense to spend their money on, Range Rover commissioned the former Spice Girl to help design a very limited edition of their new SUV, the Evoque.

Only 200 such vehicles will be made, with a price tag that is twice the cost of a regular model.

Does it matter that Beckham has zero experience in designing cars? Of course not!

"I did a lot of research — not just with cars, old and new, but boats, planes, movie stars, different locations," she told Reuters on Sunday in an interview in Beijing, where she was promoting the vehicle.

According to Reuters, the Beckham-designed vehicle features gold accents on

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Victoria Beckham. ALL PHOTOS GETTY IMAGES

the grille and gloss-black forged alloy wheels, as well as "vintage-inspired leather seats, rose gold-plated accents and ... trimmings of black lacquer, textured aluminum and mohair."

"I want a car that reflects

my personality. I'm really proud of this car," she told the Daily News.

Funny. You think a car that reflects Victoria Beckham would look eternally grumpy and be so tiny you could never fit into it.

Handler vs. Jolie rematch



Chelsea Handler

Chelsea Handler isn't letting go of her grudge. When asked in an interview with *More* magazine who she thinks is the opposite of a girls' girl, Handler says, "Probably Angelina Jolie. She doesn't strike me as someone I would have a close friendship with. You just know as a woman, when you see another woman, if that's a woman you can trust." Last year, Handler turned heads when she labeled Jolie "a home-wrecker."



Angelina Jolie

Sweet Katie,
bah, bah, bah

Neil Diamond married his manager, Katie McNeil, this weekend in an intimate ceremony in Los Angeles, according to *Us Weekly*. The Sweet Caroline singer is 71, while McNeil is 42. Diamond took to Twitter last September to announce the engagement, posting, "Good news coming from sunny L.A., and you're the first I want to tell. Katie and I just got engaged, and I hope you wish us well."

Twitter



@octaviaspencer

very little tv here in Prague, so I am sure to be productive! still jetlagged. lots of rain in London



@ConanOBrien

Just heard the craziest recording of Mel Gibson speaking in calm and measured tones.



@adriengrenier

Thanks #TSA for another 'guilty until proven innocent' pat down at the airport. If we sacrifice freedom 4 safety & we sacrifice both.



@RichardDreyfuss

For the record: I thoroughly enjoyed the film *Last Action Hero*.

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Triple threat



Scarlett Johansson

Having lost 10 pounds for the role in *Iron Man 2*, Johansson got back into kick-ass shape thanks to extensive martial arts training.



Robert Downey Jr.

His trainer, Brad Bose focused on resistance training using the rowing machine and treadmill and put him on a protein-rich diet.



Chris Evans

Evans' trainer, Simon Waterman, was told to make him look "lean, big and strong." After lots of squats and deadlifts, his body fat dwindled to 8 per cent.



Chris Hemsworth plays Thor, the hammer-wielding God of Thunder. HANDOUT

Try the Thor workout

Celebrity fitness. Want to get Thor-sized biceps and a chiseled Thor-so? His personal trainer shares secrets to getting ripped

ROMINA MCGUINNESS
Metro World News

All Gods have superhuman qualities. In Thor's case, he has superior strength and speed — and major biceps. Unfortunately, we mere mortals — including Hemsworth — have to work hard if we want to look the same, according to Mike Knight, Hemsworth's personal trainer.

"People want to be as powerful as a bodybuilder but at the same time be fast and look sleek and slender,"

he says. "Combining the two physical attributes isn't so easy, as it requires merging two different body types. However, it's not impossible."

To solve this problem, Knight created a system that can make you both lean and muscular.

How to get into superhero shape

Knight treated Hemsworth like an off-season bodybuilder:

"First I bulked him up and made him put on as much weight as possible. After that, I stripped off all body fat, leaving nothing but pure muscle."

PHASE ONE: The 'Building'

To reach his ideal weight of 235 pounds, Hemsworth spent 12 weeks doing classic bodybuilder exercises that included inclined presses, Turkish get-ups, windmills,

bum squats and pull-ups. To add bulk, Knight integrated kettlebell weights, a great metabolic tool that builds up core strength.

According to Knight, the heavier a kettlebell, the safer.

"Never hold less than 50 pounds in each hand. Anything below that and you'll be tempted to use your arms to lift the weights. This is when you'll get hurt. When using kettlebells, you need to use your hips to do the lift," he warns.

Food for the Gods

What you eat is crucial if you want to be strong.

"Chris needed to bulk up, so it was a matter of upping his calories so that he could gain up to two pounds a week. Towards the end of training, he was eating 6,000 calories a day, but working out so much that he was burning them right off. His

diet included huge quantities of grains, vegetables, lean protein and potatoes, on top of getting plenty of water and rest," Knight said.

By this point, Hemsworth was ripping through the arms of his Thor costume. Knight then had to get him back down to size.

PHASE TWO: 'Infusion' training

Once he had gained muscle, Hemsworth went on a four-week fat-loss plan.

He focused on 'infusion' training, a combination of bodybuilding and mixed martial arts. Knight devised a total-body circuit that included sledgehammers, log presses, prowler sprints and kettlebells.

"I had to get Chris moving quickly and constantly. Can't do a push-up? Hold a plank — so long as you keep doing something," says Knight.

3 LIFE

Controversial claim

Will new study hold water?

Thirsty? Scientists from the University of Bristol in England claim that proteins (molecules that allow us to convert food into energy, supply oxygen to our blood and muscles, and drive our immune systems) may not be dependent on water to survive and function. The controversial statement is currently challenging one of the key beliefs in chemistry.

METRO WORLD NEWS

On the web



Spiritual guru Deepak Chopra takes pointers from Oprah on her 'Lifeclass' tour

Don't Suffer in Vein!

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Painful veins on your legs? Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

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Embrace geek genes, says autism expert Temple Grandin

Early signs

Some early signs of autism spectrum disorder every parent should know:

- **By 6 months.** No big smiles or other warm, joyful expressions.
- **By 9 months.** No back-and-forth sharing of sounds, smiles or other facial expressions.
- **By 12 months.** No back-and-forth gestures, such as pointing, showing, reaching or waving.
- **By 16 months.** No spoken words.
- **By 24 months.** No meaningful two-word phrases that don't involve imitating or repeating.

Observing these red flags does not mean that a diagnosis of ASD will be made — there can be many other clinical issues in play, and in some cases development may in fact just be delayed.

Childhood health.

Early intervention can mean the difference between functional autism or being mentally disabled

LINDA CLARKE
Metro World News

The Centre for Disease Control in the U.S. recently announced that one in 88 American children has autism — a 78 per cent increase in cases from 2002 to 2008.

Dr. Temple Grandin has been dealing with autism all her life.

She's written books and lectured widely on the subject, earning much of her insight by dealing with her own autism, a story documented in the recent Claire Danes-led HBO biopic Temple Grandin.

"If there weren't autism, we'd have no engineers, artists and scientists," Grandin, whose new book is *Different ... Not Less*, tells Metro.

"I call it the 'geek genes.' If you look at films of mission control and the people

operating the space program, it's definitely 'geek genes' at work there. Autism is a broad spectrum."

Grandin names Steve Jobs and Albert Einstein as being among the millions of people within the autistic spectrum, which ranges from mild to severe and includes variants like Asperger's syndrome and Heller's syndrome.

"Einstein didn't speak until he was three," she says.

Grandin didn't speak as a toddler either, but early intervention and therapy meant the difference between being institutionalized as a mentally disabled and who she is today — a Colorado State University professor with a Ph.D. in animal science and a world-renowned livestock expert advocating humane treatment and slaughter for farm animals.

Grandin says autism is complicated, and she thinks it's caused by a mix of genetics and environmental factors such as pesticides, medications absorbed in utero and plasticides.

She advocates a healthy diet and supplements such as fish oil to prevent, or ease, the severity of the condition



Dr. Temple Grandin has been dealing with autism all her life. HANDOUT

during the early development years.

"The most important thing is early intervention," Dr.

Grandin says. "It's essential to identify the child's behavioral profile and build on their obvious skills. If they are good

at art, encourage that. If they are good at math, build on that. It makes all the difference."

Thoughts on...

Awakening to the present moment

Any moment can bring an awakening to what really matters.

It's the moments when you engage yourself completely, nothing in the future exists and nothing in the past is holding you back.

While it might be a chal-

Quote

As you go about your day, try to be aware of what you're doing.

lence to always be present, or remain open to an awakening, you can start small.

As you go about your day, try to be aware of what you're doing, seeing or feeling — be it driving,

the colour of a flower, even the scent of rain. Be aware of your surroundings. Pay attention every moment, but don't fight what is.

By simply accepting each moment, you'll be surprised at what the day has to offer you.

You'll find that by living in the now, it awakens you to the beauty that is your life.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

Best Health

Spring into new season by pet-proofing



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health magazine, we include information not only on how you can live your healthiest life, but we find expert tips on keeping your pet safe, too.

In the May issue, on newsstands now, freelance writer Jackie Middleton looked into potential dangers that spring could bring.

Plant safely, says Dr. Jim Berry, a veterinarian who is vice-president of the Canadian Veterinary Medical Association. Ensure that lilies, hyacinths, daffodils and tulips are out of reach of inquisitive pets. Chewing on flowers, leaves or bulbs of these plants exposes your pet to toxins that can cause excessive vomiting and diarrhea, or even death.



Pet-friendly lawn

Avoid insecticides, herbicides, cocoa mulch or slug bait. Even relatively safe garden products like fertilizer with bone meal, and cedar mulch, can cause life-threatening health problems such as intestinal blockages if eaten by your pet. Ask at the garden centre about pet-friendly products.

Pet-proof your shed or garage

"These are no-go zones for

pets," says Berry. Sharp tools such as shovels, pruning shears and rakes pose cutting hazards.

Antifreeze, mice or rat poison and barbecue briquettes can be lethal if ingested.

Finally, also check your fence to ensure winter's wear and tear hasn't created any pet-sized escape routes.

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THIS WEEK: When You Cannot Calm Your Nerves, Nitrus Can Help



Dreamy guacamole comes to the rescue of dreary tacos



Tacos with Potato and Chorizo (\$9.60) SHARI GOODMAN



LUNCH RUSH
Shari Goodman
life@metronews.ca

The promise: 18 steps to taco heaven. After the climb, we were greeted with groups of tables hugging a dance

floor. Los tacos de Mauro is a Mexican restaurant by day and a discotheque by night. Though bright, the view presented a parking lot across the street.

While we waited for our orders, we munched on salty, crispy tortilla chips. The creamy guacamole topped

with shaved queso blanco cheese was dreamy and irresistible.

The soup of the day, which was a perfect purée of carrot, did nothing to excite my taste buds but was comforting with its warmth.

I ordered the tacos with potato and chorizo. Dis-

appointed with the mush inside my homemade corn tortilla, I turned to the condiments on the side: raw onions, cilantro, red or green salsa and quarters of lime. The dreamy guacamole saved my dreary tacos from abandonment.

The result: 18 steps to guacamole heaven.

Visiting the restaurant

Los tacos de Mauro

Address. 349 Dalhousie St.

Phone. 613-562-9756

Rating. 3.5/5

Price range. \$\$

Reservations. Yes

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Classic Cuban Pork Sandwich. Enjoy an easy to put together snack



This delicious sandwich can be enjoyed while watching a game or taking it on the run for those busy weeknights with the family.

MORE VISIT, EMILYRICHARDSCOOK.CA)

Ingredients

- 4 oz (125 g) sliced peppered or herbed deli ham
- 4 oz (125 g) thinly sliced cooked pork loin
- 8 slices Gouda cheese
- 1/4 cup (60 mL) grainy mustard
- 1/2 cup (125 mL) sliced dill pickles
- 1 ciabatta loaf or vienna style baguette

1. Slice baguette in half lengthwise. Spread mustard on both sides of the bread. On bottom half of baguette, layer the ham, pork, cheese and pickles. Cover with other half of bread; slice in 4 equal sections. FINLANDIACHEESE.COM/
ADAPTED BY EMILY RICHARDS (PROFES-
SIONAL HOME ECONOMIST, COOKBOOK
AUTHOR AND TV CELEBRITY CHEF. FOR

Salsa Guacamole. Fresh and light ingredients offer twist on old fave



Looking for something to dunk your chips into or serve up on your next burger? Try this spin on a guacamole with fresh fruit flavours of pineapple and mango.

on burgers or grilled chicken.

HASS AVOCADO BOARD/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 tomato, diced
- 1 jalapeno, seeded and diced
- 125 mL (1/2 cup) each diced pineapple, mango and onion
- 2 mL (1/2 tsp) salt
- 1 large avocado, diced
- 15 mL (1 tbsp) lime juice

1. In a bowl, combine tomato, jalapeno, pineapple, mango, onion and salt. Stir to combine.

2. Add avocado and lime juice and stir gently to combine.

3. Serve the guacamole with pita or tortilla chips or

Traditional jambalaya taste, minus the calories

In this recipe, Rocco Dispirito replaces rice with Miracle Rice. A variety of shirataki noodle, it is an increasingly popular option for ultra-low-calorie noodle products. Miracle Rice has no calories, no fat, no carbs and no sodium. It resembles a large couscous and has an extremely mild flavour.

The result has just 233 calories and eight grams of fat per serving. Traditional recipes have 16 grams of fat and 767 calories.

1. Season chicken with salt and pepper.

2. In sauté pan over medium-high, heat oil. Once oil has starts to smoke, add chicken. Brown chicken 3 minutes, turning pieces once. Remove from pan and add sausage, browning 1 minute, turning pieces once.

3. Add adobo and chili powder and cook for 30 seconds. Add onions, then reduce heat to medium-low and caramelize them slowly until soft and browned, 6 to 8 minutes. Add pepper and garlic and cook until soft, about another 2 minutes.

4. Add browned chicken,



This recipe serves four. THE CANADIAN PRESS H/O

broth, Miracle Rice and black beans. Bring to a simmer. Simmer, uncovered, over medium to low heat for about 5 min-

utes or until chicken is cooked through and sauce is slightly thickened. Season with salt and pepper and divide among

4 serving bowls. THE ASSOCIATED PRESS/ ROCCO DISPIRITO, AUTHOR OF THE NOW EAT THIS! AND NOW EAT THIS! DIET COOKBOOKS.

Ingredients

- 4 large boneless, skinless chicken thighs, cut into 5-cm (2-inch) chunks (about 425 g/15 oz)
- Salt and ground black pepper, to taste
- 7 mL (1/2 tbsp) olive oil
- 90 g (3 oz) chicken and tur-

- key andouille sausage, cut into 2.5-cm (1-inch) slices
- 5 mL (1 tsp) adobo powder
- 1 mL (1/4 tsp) chipotle chili powder
- 375 mL (1 1/2 cups) chopped yellow onion
- 250 mL (1 cup) chopped red

- bell pepper
- 2 cloves garlic, minced
- 150 mL (2/3 cup) reduced sodium chicken broth
- 2 pkgs (each 250 g/8 oz) Miracle Rice, rinsed
- 125 mL (1/2 cup) canned black beans, drained



WHEN TO SELL YOUR GOLD

THERE HAS NEVER BEEN A BETTER TIME TO CASH IN ON JEWELRY, COINS AND OTHER PIECES THAT CONTAIN THE PRECIOUS METAL

Although the price of an ounce of gold has dropped significantly since November 2011, it still stands at more than \$1,600, a three-fold increase since 2006.



Given these prices, it should come as no surprise to learn that the market for recycled gold (recovered from jewelry and other pieces) is strong. So how can you tell when the time is right to sell your gold?

People tend to buy gold either as an investment (e.g. gold bars, coins) or as an expression of affection (wedding ring, necklace, watch). For people who bought gold as an investment, deciding to sell can be relatively easy; if the value of your gold has increased enough and you feel you can do better by investing the money elsewhere, it's clearly time to sell. For those who bought gold for sentimental reasons, though, it can

be a much harder decision. How do you feel about the piece now? If you sell, will you miss it a few years down the road? Bottom line: If the feeling is gone, so too is the reason for keeping the piece.

WHY SELL?

The most common reason people sell gold, of course, is that they need the money. Another reason to sell is if the gold is in a piece of jewelry that is damaged or broken.

If you have earrings without mates, for instance, a brooch with a clasp that no longer closes, an old watch that no longer tells time accurately, or a chain that is too twisted and kinked to wear, it may be a good time to sell. Jewelry repairs can be prohibitively expensive. A third common reason to sell is that the jewelry has gone out of style.

The market for older jewelry is small, while there are many buyers for precious metals. If you do choose to sell, make sure to shop around for a reputable buyer.

— Peter Doyle

WHAT DO GOLD BUYERS LOOK FOR?

A gold piece usually has a hallmark — a stamp identifying the percentage of gold it contains. Look for these hallmarks: 8kt, 9kt, 10kt, 14kt, 18kt, 21kt, 22kt 24kt, 417, 585 or 750. Gold buyers will not be interested in pieces marked with 1/10 GF, 1/20 GF, EGP or GP.

FORTUNE OR JUNK?

That box full of jewelry on your dresser could be worth a fortune. On the other hand, it could be junk.

Here are some tips to separate the near worthless costume jewelry from the more precious pieces — and for the most part, you don't need any fancy equipment.

Put a magnet (any one will do, even a fridge magnet) near each piece of jewelry. Precious metals don't stick to a magnet, but most costume pieces are made of steel. So if that ring sticks to the magnet, it's probably not worth much.

Use a magnifying glass (again, almost any one will do) to inspect the pieces that didn't stick to the magnet to determine their karat (kt). The mark is typically not readily apparent — on the inside of the back of a ring, for example — and may be worn off or too small to see with the naked eye.

Separate the pieces into piles of different karats since each has a different weight. Gold jewelry can vary from as low as 8 karat to up to 24kt, but in Canada most jewelry is made of 10kt, 14kt or 18kt gold.

Weigh the various pieces separately on a scale that is calibrated in grams. Many ordinary kitchen scales have this capability (gold prices are quoted in troy ounces, each of which is equivalent to 31.1045 grams).

— Pauline Anderson

SELL GOLD

YOUR UNWANTED

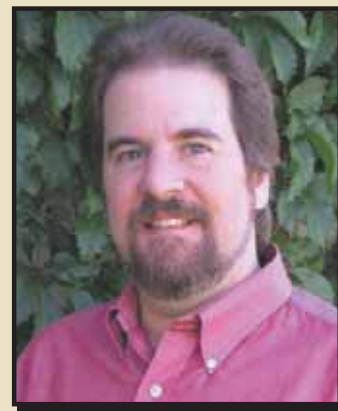
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	per gram \$0.70



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20 gram Bar	\$1,010
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5 gram wafer	\$253



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Five Dollar “Half Eagles” (1916 & prior) ..	\$364
\$2½ “Quarter Eagles” (1929 & prior)	\$182
1 oz Gold Eagles (1986 & later)	\$1,552



CANADIAN GOLD COINS

\$100 Gold Coins 22K (1976-86)	\$751
\$100 Gold Coins 14K (1976, 1987-2003) ...	\$376
\$200 Gold Coins 1990-2004	\$751
1967 Centennial \$20	\$795
1 oz Gold Maple Leaf (any year)	\$1,552
\$5.00 Gold 1912-14	minimum \$395
\$10 Gold 1912-14	minimum \$790
Newfoundland \$2.00 Gold (1865-88)	minimum \$170



WORLD GOLD COINS

British Sovereigns (any date)	\$354
British Half Sovereigns (any date)	\$177
South African Kruggerands (1 oz)	\$1,552
French 20 Francs (Roosters or Liberty Head)	\$280
Mexico 50 Pesos (1921-47)	\$1,812
Mexico 20 Pesos (1917-59)	\$725
Austria Ducat (1915)	\$166
Austria 100 Corona (1915)	\$1,475
Russia 100 Roubles (Moscow Olympics) ...	\$752
Russia 10 Roubles (1911 & prior)	\$375
Swiss 20 Francs (1949 & prior)	\$280
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SOLD YOUR GOLD?

WHAT'S THE BEST WAY TO SPEND YOUR MONEY

So you cleared out the old boxes of jewelry and commemorative coins and sold it to the highest bidder. What's the best way to spend the money? Assuming you don't need the money to pay next month's rent or this week's grocery bill, here are a few ideas:

TREAT YOUR HONEY

Only you know what your sweetie likes best (asking friends works, too). How nice the



treat depends on how much you received for the gold: Indulgent chocolate, fancy clothes, a cruise?

GET SENTIMENTAL

If you recycled gold that was originally

bought for sentimental reasons, why not put some of the proceeds into another sentimental pursuit, such as digitizing home movies. Most families have dozens of old photos, movies and videos that nobody looks at in the digital era. Digitizing movies,

and scanning old slides and photos can be time-consuming and expensive, but there is no better way to reconnect with the past. Investing in a sentimental project is simply good karma.

CHARITY

Not all gold is mined equally. Many gold mines in African countries such as Burkina Faso and Niger use children as slave labour. Several charities, such as Save the Children and UNICEF, have projects that target children in those countries.

INVEST

This might sound like your dad, but put at least some of the money into something that will appreciate in value. Good luck in guessing what that is.

SAVE THE PLANET

As the saying goes, "think global, act local." One of the best things you can do for the environment is to support urban gardening — farming vegetables in the city. Urban gardens reconnect people with both the environment and with the food they eat. Several projects, such as the Davie Village Community Garden, were made possible by people who donated some combination of labour, money and expertise. If there is an urban garden project in your neighbourhood, donate some of your gold money to it; if there isn't project, use your money to start one!

— Peter Doyle



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FIND A GOLD BUYER YOU CAN TRUST

Once you have made the decision to sell your gold, how can you find a buyer you can trust? The Canadian Jewellers Association and Jewellers Vigilance Canada offer these helpful tips:

DO YOUR HOMEWORK

Know the current price of gold, and the weight and gold percentage of the pieces you want to sell. Gold percentage is calculated in karats — look for the karat stamp on your jewelry. Pure gold (usually only on gold bars) is stamped 24K; a ring stamped 12K is 50 per cent gold. A piece marked 8K and weighing 10 grams contains five grams of gold (less than one-fifth of an ounce).

UNDERSTAND THE PROCESS

If a company wants you to leave jewelry for evaluation, make sure you get a detailed receipt. Ask if the piece will be sent offsite and how long it will take to get an offer to purchase. Remember, buyers generally pay less than the current market price for gold.

GET AT LEAST THREE QUOTES

A reputable company usually has no qualms about providing free quotes. Be wary of anyone

who tries to pressure you into quick sale. Businesses that buy gold in Canada are subject to municipal law. Ask to see their business licence and check their reputation with the Better Business Bureau.

BEWARE OF ONLINE COMPANIES

As with any online transaction, consumers need to be extra cautious when selling gold over the Internet. Always speak with a company representative via telephone and ask the same questions as you would in a store. If you sell to a company outside of Canada, be sure to understand the potential issues with customs clearances and exchange rates.

GEMSTONES ARE NOT INCLUDED

Most companies want only the gold. Ask to keep the stones or get the company to make an offer to buy them separately.

BE CAUTIOUS WHEN SELLING HEIRLOOMS

Be extra careful with jewelry that is more than 50 years old; you may get more money by selling it whole than by recycling the gold it contains.

— Peter Doyle

Just be compliant, say good luck and move on



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles, I recently got this mass email from a friend who just got married, and would really like to know what you think? Personally, I am offended. Thanks, Lisa

"I'm sending this message to all of you who gave us money for our wedding gift (the best gift of all if you ask me!). Some of you gave cash and some gave cheques, but I'm not sure who gave which. Of the cheques, some were made out to my maiden name and I was unable to cash them since I couldn't change my name with the bank until a few days ago (had to wait for the marriage certificate to

do so). Now that I am able to cash them, I'm unable to find that special spot where I kept those cheques! If you provided us with a cheque made out to my maiden name, we would appreciate it if you could please provide us with a replacement cheque.

Dear Lisa,

Wow — what a conundrum, to say the least. I sincerely feel sorry for the bride, as I am sure she needs the money and it would help her as she starts her new married life.

However despite the bride being wrong, if by chance you gave a cheque and know that it has not been cashed, I would personally replace it and move on.

She doesn't know any better, so best to just leave it. And wish her the best as she starts her married life with her new husband.

Advice

In search of polygamy



TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear sisters,
My girlfriend and I have been together for more than two years and I think she's the woman I will end up marrying, but I still find myself wanting other women — to satisfy other parts of me. We've talked about having an open relationship and we're both into the idea. How do you suggest we approach this without destroying what we have?
Polyconfused

Andrea: Dear Big Love,
I'm very happy to hear that you've discussed this with your significant other before engaging someone else romantically. No one likes to be included in a

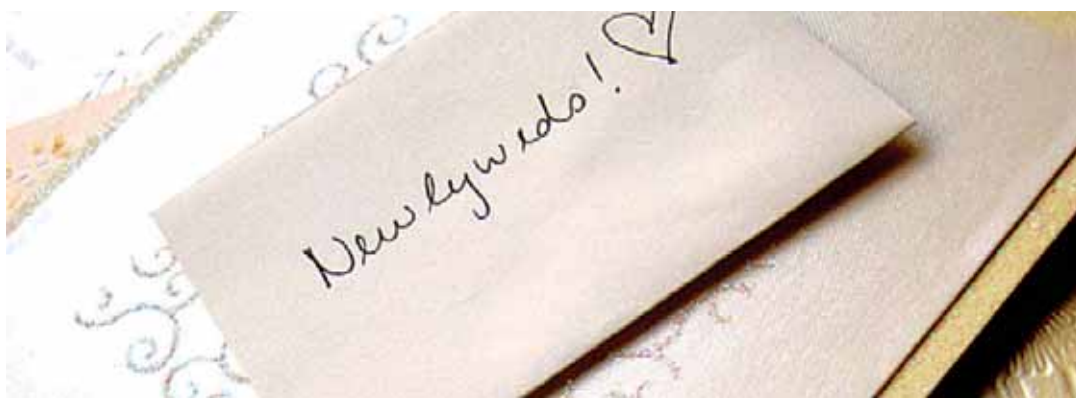
decision only after it's been made. The fact that your girlfriend is open to the idea in theory doesn't mean that she will be in practice — she may be just going along with what you want, not realizing the emotional consequences that this could have.

Ask yourself: are you trying to fill in "the other parts" with more women, when they aren't the answer? If the answer is "maybe" or "yes," hit the brakes and re-evaluate. If not, best of luck, sir.

Claire: Dear Poly,

Of course you still crave other women — you're human. But asking me how to have an open relationship is like asking a vegetarian to eat headcheese — I simply don't get it.

The question is: what (other) parts of you need satisfying, and how important are these needs? Are you sure you can't fulfill them together? If not, I would lay down some very clear ground rules for you both, about where, how and what you do with these other people. From what little I know, this is essential to keeping the peace.



Ah, the old monetary wedding gift — in cheque form, of course. ISTOCK



Buying a house? Consider a mortgage broker before heading to your bank

Mortgage alternative.

An independent broker often has access to better rates and more flexible repayment terms



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

I sold my property last week and I'm in a mad scramble to find a new home. With my wish list in hand and a pre-approved mortgage under my belt, I'm confident I'll eventually find what I'm looking for.

Much to the chagrin of my financial planner, a bank employee, I've decided to use an independent mortgage broker rather than getting my mortgage from the bank. Based on my research, mortgage brokers often have access to better rates and more flexible repayment terms.



An independent mortgage broker isn't tied to any financial institution and instead works on your behalf. ISTOCK IMAGES

Mike, my broker and an old pal from university, walked me through the pre-approved application process and reviewed my commit-

ments to the bank where my existing mortgage resides. He then shopped my application around to multiple vendors and came back less than 24

hours later with a rock-bottom rate.

An independent mortgage broker isn't tied to any financial institution and instead

works on your behalf, rather than the lender.

Because they are not employees of a lending institution, mortgage brokers are

not limited in the products they can offer you.

They can seek out the best mortgage options to suit your specific situation, from a multitude of lenders — banks, trusts, private companies and insurance firms. Their primary role is to provide unbiased mortgage options and advice to clients.

In most cases, mortgage brokers are free. When the broker matches a lender with a buyer and a mortgage is placed, the broker is paid by the lender based on size of the mortgage, not the rate.

If you're thinking of using a mortgage broker, choose wisely. Get referrals from trusted friends or family members. Do your research in advance of meeting with them; know about current rates and structures. That way you'll have some idea of what you're hoping to achieve and can clearly communicate it.

I love saving money, and based on my recent first-hand experience, using a mortgage broker will save me tens of thousands of dollars.

Effecting change

Make your consumer voice heard



YOUR MONEY
Alison Griffiths
money@metronews.ca

You have tremendous power as a consumer when you use spending as leverage.

Gasoline prices recently hit \$4.93 a gallon in L.A. While Republicans are trying to pin it on President Obama, something amazing is occurring: American consumers are taking action. Through a combination of driving less and purchasing more fuel-efficient cars, they're using dramatically less gas.

According to the Federal Highway Administration, as of Jan. 1 the total number of vehicle miles driven was lower than any year since 2004, and gasoline consumption is down six per cent since 2007.

The mini-revolution taking place south of the border reminds us that though we often feel impotent as consumers, we do have the power to effect change. Here are three ways I'm going to make my consumer voice heard.

1. Say no to non-recyclable plastic containers



Consumers can use spending as leverage. ISTOCK IMAGES

It drives me nuts that my favourite organic yogurt comes in a non-recyclable container. The company is negating the organic good by using the wrong type of packaging.

I will stop buying that brand and write a letter to the company to tell them why. From my experience, smart businesses pay close attention to each missive.

2. Cut my gas consumption

I already own a five-year-old Camry hybrid and I just replaced my 10-year-old farm truck, a Toyota Tundra, with a Ford 150 equipped with the Eco boost six-cylinder engine. It tows better than the eight-cylinder and gets almost twice the gas mileage.

Even so, I think I can con-

serve even more by cutting down on unnecessary trips, doing a longer list of errands each time I'm out and easing up on my pedal-to-the-metal tendency (my husband will be so pleased).

3. Deep six the phone companies

I'm sick of expensive phone service, the arcane complexity of the packages, numerous billing mistakes and interminable waiting in telephone queues to get service.

I intend to investigate alternatives such as Vonage, Skype, Convergia and Magic-Jack and perhaps move to a text-only cellphone package. If you have made the switch, let me know.

What would you do if you had an extra \$15,000?

For the amount of the average commission paid on a home sale — \$15,000 — we could afford an astonishing number of things.

This figure is based on a home that is valued at \$300,000 with associated realtor fees at 5 per cent. To start, it would buy groceries for a family of two for two years, pay for half the cost of the average Canadian wedding or cover airfare for one for a trip around the world.

A recent survey conducted by Harris-Decima for the ComFree network, the country's leading commission-free real estate organization, asked Canadians what they would do with the average commission if it was given back to them. The survey revealed that Canadians fall into a few categories:

- Debt-conscious: More than one-third of Canadians would use the \$15,000 to pay off their debts, putting the money toward expenses such



A recent survey asked Canadians what they would do if their housing commission was given back to them. ISTOCK IMAGES

as mortgages, credit card bills or car payments.

- Fixer-uppers: Just under a third (30 per cent) would put the extra cash into home improvements.

- Splurgers: 21 per cent would spend it on a large purchase such as a vacation or a

new car.

- Moral-spenders: Only three per cent would give the money to a charity.

- The undecided: Twenty-nine per cent could not make up their mind, or did not fall into any of the above categories. **NEWS CANADA**



Senators captain Daniel Alfredsson battles for the puck with New York's Ryan McDonagh at Scotiabank Place on Monday night. It was Alfredsson's first time in the Ottawa lineup since taking an elbow to the head in Game 2 of the first-round series. RICHARD WOLOWICZ/GETTY IMAGES

Rangers recover to take Sens to Game 7

NHL. Richards, Stepan help New York avoid elimination and send series back to Madison Square Garden

Put the upset on hold. The Ottawa Senators are going to have to win another game on Broadway to slay the Beasts of the East.

Brad Richards had a big goal and an assist while Derek Stepan added three points as the New York Rangers staved off elimination Monday with a 3-2 victory over Ottawa.

The series will be decided by Game 7 at Madison Square Garden on Thursday night.

Not even the return of captain Daniel Alfredsson in front

of the fired-up home crowd at Scotiabank Place could spark the Sens to the final victory needed to eliminate the top seed in the Eastern Conference. Chants of "Alfie! Alfie! Alfie!" rang throughout the building to add even more emotion to the occasion.

But it was some of the Rangers slumbering scorers who answered the bell, with Stepan, Richards and Chris Kreider scoring goals during a momentum-swinging second period.

Chris Neil and Jason Spezza replied for Ottawa.

It was yet another game played in the mud and the

Game 6	
3	2
Rangers	Senators

trenches, which seemed to be just as the Senators wanted it. The underdogs had gained an upper hand in the series largely because of role players like Neil, who made a noticeable impact once again in Game 6.

He was planted at the edge

of Henrik Lundqvist's crease along with teammate Zack Smith when Ottawa's much-maligned power play clicked to grab a 1-0 lead at 7:05. Sergei Gonchar's point shot deflected in off Neil's skate as he tried to jump out of the way.

That got the frenzied crowd into a lather that only increased when Neil answered Brandon Prust's challenge for a fight eight minutes later and got the better of the bout. Presumably, that was retribution for the thundering hit the Neil put on Brian Boyle in Game 5.

The momentum seemed to be completely in Ottawa's

favour when the first intermission hit, especially with goalie Craig Anderson locked into a lengthy shutout streak and looking sharp once again.

But the Senators lost their focus in the second and saw the tide turn during the Rangers four power plays in the frame.

Stepan tied the game 1-1 during the first one of those at 8:55, taking two whacks at a pass from Richards to beat Anderson. That ended the Rangers scoring drought at 145 minutes 27 seconds.

A controversial call helped put them ahead for good.

New York received a lengthy 5-on-3 after Nick Foligno was sent off for goaltender interference — replays showed two Rangers players guiding him into Lundqvist — and Richards took advantage of the extra space by skating off the wall and beating Anderson high at 17:08.

That was soon followed by a back-breaking goal from Kreider who snuck a shot through Anderson with 40.3 seconds to play in the period to make it 3-1.

The Sens managed to squeeze one puck over the goal-line in the final minute, with Spezza getting credit at 19:21 after a long video review.

THE CANADIAN PRESS

By the numbers

11:11

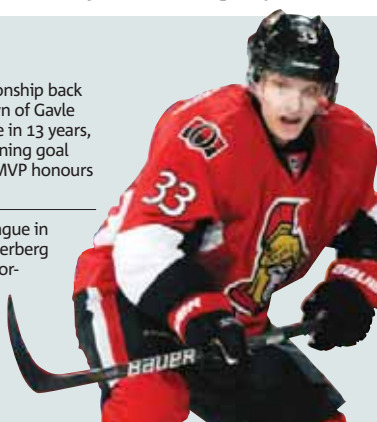
Concerned that captain Daniel Alfredsson may be playing out his final NHL season, a group of fans came up with a chant earlier this month to honour the team's longtime captain at every home game. When the game clock reaches 11:11 each period — Alfredsson wears No. 11 — the fans count down before repeatedly chanting "Alfie! Alfie! Alfie!" once it hits 11:00.

No matter what happens next, Jakob Silfverberg is going to have some kind of story to tell.

- The highly touted Swedish prospect jumped from one playoff pressure-cooker to another, getting inserted directly into the Ottawa Senators lineup Monday as they looked to knock the New York Rangers out of the first round.
- He was just days removed from bringing the Swedish

league championship back to his hometown of Gävle for the first time in 13 years, scoring the winning goal and collecting MVP honours for Brynas.

- "It's the best league in the world," Silfverberg said Monday morning. "It's a dream come true to just be here, and I'm very excited."



4

SPORTS

Quoted

"Many have characterized Nik's death as a 'freak' accident. Such a characterization distorts the truth and does a serious disservice to Nik."

A statement released Monday by legal firm Danson Reicht for the family of Nik Zoricic. They're challenging the claim from the Canadian skiing team that his fatal crash in a World Cup skicross race in Switzerland last month was a "freak" accident. Zoricic sustained head injuries when he fell into safety netting on landing wide right off a jump approaching the finish line at Grindelwald. He was 29. The Zoricic family's lawyers, however, said that "a more informed and honest discussion is needed."

Zoricic's parents, Bebe Zoricic and Silvia Brudar, are scheduled to speak at a news conference in Toronto on Wednesday alongside counsel Timothy Danson.

On the web



Albert Pujols got \$240 million US to come to Los Angeles as a free agent in the off-season, but he has yet to hit a home run in an Angels uniform in 2012. The slugger is mired in the second longest homer-less drought of his career and that is just one of the Angels' worries. Scan the code for the story.

World Peace faces league discipline for elbow shot

NBA. Lakers forward has checkered past

The Lakers jersey says World Peace on the back. The player wearing it is still Ron Artest, and he's in trouble again with the NBA.

Metta World Peace was pounding his chest with his right arm in celebration of a dunk over two opponents Sunday when his left arm suddenly flew out, landing a vicious back-

ward elbow to James Harden's head and dropping the Oklahoma City guard to the hardwood.

Fans watched in disbelief the latest act of violence by a player who changed his name last year to promote peace.

World Peace is likely to be sidelined when the Lakers open the post-season this weekend, and possibly longer. He claims he accidentally clipped Harden while celebrating a dunk, yet given his history, not even his teammates have any idea why he lost control for an inexplic-



Metta World Peace leaves the court Sunday in Los Angeles.
STEPHEN DUNN/GETTY IMAGES

able instant.

"It was unfortunate that James had to get hit with an unintentional elbow," World

Peace said. "I hope he's OK."

He undid much of the goodwill created by his notable charity work when he knocked Harden out of the late-season game, giving him a concussion.

His upcoming suspension will be just a fraction of the 86-game ban Artest received in November 2004 when he jumped into the stands at the Palace of Auburn Hills to fight fans, precipitating perhaps the ugliest brawl in North American sports history.

THE ASSOCIATED PRESS

NBA

Bobcats' Thomas ejected for throwing elbow

Charlotte forward Tyrus Thomas was ejected from the Bobcats' game with the Wizards for throwing an elbow at Washington's James Singleton late in the first quarter on Monday night.

Thomas was dribbling and Singleton was defending him when the Charlotte forward elbowed him with 3.6 seconds remaining in the quarter. He was immediately called for a flagrant 2 foul and ejected. **THE ASSOCIATED PRESS**

NFL

Saints deny eavesdropping allegations

The New Orleans Saints denied an anonymously sourced ESPN report on Monday that alleged general manager Mickey Loomis' booth in the Superdome was wired so he could listen to opposing coaches' radio communications during games.

ESPN could not determine if the system was ever used. The report alleged Loomis would have been able to eavesdrop on opponents from 2002 to 2004. **THE ASSOCIATED PRESS**

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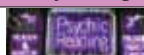
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Crossword

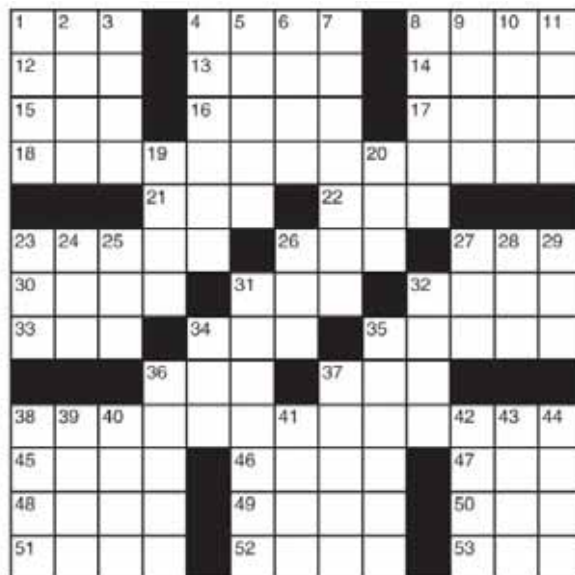
Across

- 1 Wanted-poster abbr.
- 4 Throat clearer
- 8 Impale
- 12 In the thick of
- 13 Prolonged sleep
- 14 "The Music Man" locale
- 15 Put off paaying
- 16 Invent a word
- 17 Succeed at horticulture
- 18 TV show set in Arlen, Texas
- 21 Mule's daddy
- 22 Feedbag tidbit
- 23 Dangle a carrot
- 26 Supporting
- 27 Indispensable
- 30 Woodwind
- 31 Spitball
- 32 Jazz style
- 33 — -Wan Kenobi
- 34 Zero-star review
- 35 Fills till full
- 36 Sandy's comment
- 37 Shade provider
- 38 Pennsylvania town
- 45 Bloodhound's clue
- 46 Rings around the collar?
- 47 URL end
- 48 Unescorted
- 49 Apiece
- 50 Packed away
- 51 Lotion additive

- 52 Dispatch
- 53 Took off

Down

- 1 Uncontrollable
- 2 Chinese gooseberry
- 3 Mideast gulf
- 4 Approach aggressively
- 5 Stock footage?
- 6 Send forth
- 7 Boy's eventual status
- 8 Vision
- 9 Actress Spelling
- 10 MPs' captive
- 11 Wail loudly
- 19 Yawn
- 20 Corn spike
- 23 Excessively
- 24 Undergo recession
- 25 "Ostentatious? —?"
- 26 Enthusiast
- 27 DIY buy
- 28 Enos' granny
- 29 "Undeniably"
- 31 Brunch entree
- 32 Predicaments
- 34 Expert
- 35 Like wet snow
- 36 Correspond
- 37 "All My Children" role
- 38 Caffeine-rich nut



- 39 "American —"
- 40 Admonition to Nanette
- 41 Ring out

- 42 Cicatrix
- 43 Tittle
- 44 Congregation's cry

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	1	7	8	5	2	6	3
2	3	7	4	8	9	1	8	5
6	5	8	3	2	1	9	7	4
1	2	6	9	3	8	5	4	7
5	7	3	1	4	6	8	2	9
9	8	4	5	7	2	6	3	1
8	4	5	2	6	3	7	1	6
3	1	2	6	5	7	4	9	8
7	6	9	8	1	4	3	5	2

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

Q IYRUQMIQAU, WYYCXAF
CXJY XU LXLA'U EKQIFY
YAZMFK WZI WXCCYUR,
LYEXLYL UZ IQXRY UKY
RUYQJR.
Yesterday's Cryptoquip: SUPPOSING YOU HAD
YOUR PICTURE TAKEN BY A BIG ALASKAN
BEAR, I'D CALL THAT A KODIAK MOMENT.
Today's Cryptoquip Clue: L equals D



For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Horoscope

- ♈ Aries | March 21 - April 20.**
Partners and colleagues will happily shovel more work in your direction today — and you will happily shove it back at them.
- ♉ Taurus | April 21 - May 21.**
You will be hugely assertive over the next few days.
- ♊ Gemini | May 22 - June 20.**
Someone may have let you down once but that does not mean they will let you down again.
- ♋ Cancer | June 21 - July 22.** If there is something that needs doing in your life that you feel is beyond your capabilities then call in an expert.
- ♌ Leo | July 23 - Aug. 22.** Try not

- to make a bad impression on someone you have to deal with.
- ♍ Virgo | Aug. 23 - Sept. 22.**
This will be one of those wonderful days when everything goes right for you, even if you do the wrong things.
- ♎ Libra | Sept. 23 - Oct. 22.**
Whatever the majority opinion happens to be at the moment you will take the opposing view, just for the fun of it.
- ♏ Scorpio | Oct. 23 - Nov. 21.**
Do you have secret enemies? Maybe. Are they lining up to stab you in the back? Of course not.
- ♐ Sagittarius | Nov. 22 - Dec. 21.** Get your chores out of the way

- as quickly as possible.
- ♑ Capricorn | Dec. 22 - Jan. 20.**
This is potentially one of the best days of the year for you as the Sun and Mars join forces across the most dynamic angles of your chart.
- ♒ Aquarius | Jan. 21 - Feb. 18.**
Just because you don't much like someone does not mean you cannot work together on the same team.
- ♓ Pisces | Feb. 19 - March 20.**
You have been quietly working away behind the scenes and very soon will get the breakthrough you have been hoping for. When it arrives stay calm and resist the urge to make a big thing of it. Modesty is your strength.
- SALLY BROMPTON



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Karat | Price/gram

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9999 Canada Maple leaf, less than 1 ounce	\$48.78/g
24k Jewellery	\$39.09/g
22k	\$35.81/g
E. Indian/Nuggets	\$31.74/g
18k	\$29.32/g
14k and dental	\$22.79/g
10k	\$16.26/g
9k	\$14.66/g
8k/antique gold	\$9.77/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,491.37
Gold 10 ounce (Recognized)	\$14,832.61
Gold 1kg (Recognized)	\$47,686.84
Gold bars, less than 1 ounce (Recognized)	\$47.69/g
999 Gold bar (Unrecognized)	\$46.39/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

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